



# III Etapa - XVIII CPO 2024 - João Pessoa

## Circuito Mangabeira 4.8.2024

### Rota Alternativa

**Adelson José Valentim**

Clube de Orientação Borborema Azimute

Circuit : H Master A

Distance : 2860m (Dénivelé 55m)

Temps : 1:03:46 (22'18"/km)

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O.K.

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- |                              |         |
|------------------------------|---------|
| 1. Agenor Chaves de Carvalho | 0:47:02 |
| 2. Rafael Luiz Gomes Dantas  | 0:48:02 |
| 3. Héd Guerreiro Cajú        | 0:51:53 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 124 | 00:00:50 |          | 92m  | 9'03"/km  |
| 2.  | 101 | 00:01:37 | 00:02:27 | 115m | 14'03"/km |
| 3.  | 107 | 00:03:49 | 00:06:16 | 115m | 33'11"/km |
| 4.  | 110 | 00:01:50 | 00:08:06 | 91m  | 20'09"/km |
| 5.  | 105 | 00:03:18 | 00:11:24 | 166m | 19'53"/km |
| 6.  | 106 | 00:01:02 | 00:12:26 | 38m  | 27'12"/km |
| 7.  | 104 | 00:02:00 | 00:14:26 | 92m  | 21'44"/km |
| 8.  | 105 | 00:01:25 | 00:15:51 | 75m  | 18'53"/km |
| 9.  | 111 | 00:04:58 | 00:20:49 | 196m | 25'20"/km |
| 10. | 137 | 00:04:23 | 00:25:12 | 319m | 13'44"/km |
| 11. | 138 | 00:05:46 | 00:30:58 | 204m | 28'16"/km |
| 12. | 139 | 00:03:10 | 00:34:08 | 125m | 25'20"/km |
| 13. | 116 | 00:02:27 | 00:36:35 | 126m | 19'27"/km |
| 14. | 117 | 00:06:03 | 00:42:38 | 264m | 22'55"/km |
| 15. | 113 | 00:08:13 | 00:50:51 | 149m | 55'09"/km |
| 16. | 122 | 00:02:50 | 00:53:41 | 216m | 13'07"/km |
| 17. | 126 | 00:06:18 | 00:59:59 | 172m | 36'38"/km |
| 18. | 123 | 00:02:06 | 01:02:05 | 106m | 19'49"/km |
| 19. | 127 | 00:01:31 | 01:03:36 | 111m | 13'40"/km |
| 20. | 999 | 00:00:10 | 01:03:46 | 41m  | 4'04"/km  |

Orienteering Software